

Preventing What? Preventing How? Preventing Now!

Prevention Theory and Reality – Creating a Toolbox for Change

Spring Institute 2007



This workshop covers the basic skills, knowledge, and tools needed to develop a culture of prevention. The presentation will utilize both a historic perspective and multidisciplinary research findings to explore the close alliance involving prevention, transformation and change. Using an interactive approach, participants will participate in activities that facilitate an understanding of prevention across mental health disciplines.

Participants will learn: 1) strategic planning for creating a culture of prevention that includes theory and practice; 2) design and management strategies for effective change including specific ideas for weaving prevention into the essence of an organization; and 3) the potential tools for reducing barriers to engage others in embracing prevention.

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Curriculum Outline

Prevention

- Different definitions of prevention
- Framework for prevention
- Advantages of prevention
- History of prevention

Models of Prevention

- Public Health Model
 - Definition: Agent-Host-Environment
 - Changing the environment
 - Norms change
 - Strategic Prevention Framework
 - Environmental Management Model
 - Prevention under public health model
 - Primary
 - Secondary
 - Tertiary
- Risk and Protective Framework
 - Risk Factors
 - Protective Factors
 - Resiliency
 - Domains under Risk/Protective Framework
- Institute of Medicine: Continuum of Health Care Model
 - Continuum of Care
 - Prevention under continuum of health care model
 - Universal
 - Selective
 - Indicated

Prevention

- Components for success
- Effective Prevention – Managed Care
- What is Prevention?
- Involve everyone
- Community Empowerment

Create a Culture of Prevention

- Definition of Culture
- Culture of Prevention
- Changing Community Norms

The Change Process

- Overview of Change
- The Process of Change
- Leadership for Change
- Types of Change
 - Choosing to institute change
 - Managing imposed change
- Strategies for Effective Change

Prevention Achieved via Change

Go Forth and Prevent!

Prevention Jeopardy!

Test your prevention knowledge as part of a team effort (you won't be embarrassed as an individual!) and compete for prizes:

- On-site prevention consultation for your organization/agency
- Three hour phone consultation on prevention
- Consultation with your agency regarding creating a Prevention Plan

Toolkit

This is your handy-dandy prevention resource toolkit. It contains articles to expose you to the breadth and depth of prevention theory and models by providing a literature review for the PowerPoint presentation. Prevention initiatives currently operational within the Department of Mental Health are also included for your information. After prevention material, the resources detail the change process and tips on how to be a catalyst for change. Finally, there is an internet listing for your further exploration. Use it and enjoy!



"I'm afraid there's not much I can do for you now. You should've come in sooner, before you got sick."